



10/28/13

**Nuts can be a great snack!**

Nuts are a good source of protein, fat, vitamins, and minerals. Facts about nuts you may not know.

- Almonds - Antioxidant power of vitamin E—rich in alpha-tocopherol, which is the form of vitamin E that the body absorbs most readily
- Cashews have high levels of essential minerals. High levels of magnesium are touted for heart, bone, and muscle health
- Hazelnuts are a great source of vitamin E and phytonutrients. They also help build a strong immune system.
- Peanuts contain the highest amount of protein off any nut. They are rich in essential minerals and B vitamins.
- Pecans are known for the cardiovascular benefits.
- Walnuts are a good source of omega-3 fatty acids.

Reference <http://www.nutrition411.com/education-materials/miscellaneous-topics/item/607-nuts-which-nuts-are-the-best-and-why>

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